

1 **ABSTRACT OF THE DISCLOSURE**

2 A reciprocating exercise apparatus with a tube that has a slidable weight. The
3 sliding action of the weight is damped by coil springs. To increase the types of exercises
4 that can be performed with the apparatus there is a pair of stationary handles at the ends
5 of the tube and a pair of handles that slide along the length of tube. The slidable handles
6 are seated on sleeves with a swaged end. This configuration allows for exercises where
7 the weight reciprocates alternately compressing one spring or the other and that can be
8 performed with one hand or two. Auxiliary weights can be attached so a single unit is
9 suitable for users with varying degrees of strength.

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